

Distal Femoral Osteotomy Rehabilitation Protocol

- I. 0-2 Weeks
 - a. Toe Touch/Flat Foot Weight Bearing (x 4 weeks)
 - b. ROM Goals: 0-70 degrees by end of Week 2
 - c. Patella Mobilization exercises
 - d. EMS/E-Stim
 - e. Cryotherapy
 - f. Stretches: Hamstring/Gastro-soleus, iliotibial band, quadriceps
 - g. Strengthening:
 - i. Isometrics: Quads,
 - ii. Leg Transfers as tolerated
- II. 2-4 Weeks
 - a. Add:
 - b. ROM: 0-90 degrees
 - c. Blood Flow Restriction (BFR) with quad sets/short arc quads, hamstring curls
- III. 4-6 Weeks
 - a. ROM 0-90 degrees
 - b. Conditioning: stationary bike; aquatic program as available
 - c. BFR
- IV. 6-12 Weeks
 - a. Progress to Full ROM
 - b. Advance to Regular Weight Bearing off of crutches (by 8 weeks)
 - c. Continue with brace unlocked fully
 - d. Continue Stationary Bike, Aquatic Program if available
 - e. Strengthening:
 - i. Close Chain: gait retraining, toe raises, wall sits, mini-squats
 - ii. Leg Press (70-10 deg)
 - iii. Knee Flexion hamstring curls (90 deg)
 - iv. Knee Extension quads (90 to 30 deg)
 - v. Hip abd-add, mulit-hip
 - vi. Continue with Leg Press
 - f. Proprioceptive training (weight shifting, mini-tramp, plyometrics)
 - g. BFR as indicated
 - h. Walking; Stair climbing machine
- V. 12-16 Weeks
 - a. Out of Brace
 - b. Progress Strengthening Activities as Tolerated
- VI. 4 Months
 - a. Return to Recreational Sports Activities as tolerated